## Abstract:

The invention relates to a method for producing microparticles and/or nanoparticles of a substance, wherein particles are formed from molecularly distributed substances which simultaneously stabilized in suspension. The substance is dissolved in a solvent system and subsequently a non-solvent for said substance is added whereby said non-solvent can be mixed with the solvent system for this substance. One or several crystal growth inhibitors are added and a rapid merging of solvents and non-solvents take place. The substance is precipitated by forming a dispersion of particles whose size lies in the micrometer or nanometer range.